

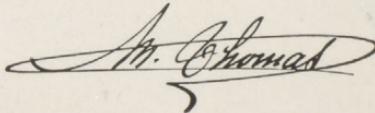
The New
EDWARDSBURG
RECIPE BOOK



"A FRIEND OF THE FAMILY"
The CANADA STARCH CO., Limited
MONTREAL

Endorsement

THE recipes in this Book have my hearty endorsement. They are delicious and appetizing—and will prove delightful additions to the home menu.

A handwritten signature in cursive script, appearing to read "Mr. Thomas".

Mr. Thomas is the Chef of the Mount Royal, Canada's famous Hotel at Montreal, the largest in the British Empire.



more
dulx
scoops

The Secrets of Menu Variety

Prepared by

*The CANADA STARCH CO., Limited
MONTREAL*

QUEBEC

TORONTO

CARDINAL

FORT WILLIAM

VANCOUVER

*Edwardsburg
Products*



LET YOUR FIRST THOUGHT BE THE INGREDIENTS



O make dishes appetizing and wholesome; to make wholesome dishes more dainty and pleasing—that, in a nutshell, is the purpose of this interesting little Recipe Book.

In preparing this new edition of the *Edwardsburg Recipe Book*, careful thought has been devoted to selecting tempting, wholesome dishes, of nutritious value, that offer a solution to the problem of menu variety.

Before asking you to try these dishes, every recipe has been tested and approved by food experts of known reputation.

Many of these recipes will particularly appeal to you. Be sure to follow them carefully for pleasing results. Remember that much of your culinary success will depend upon the quality of the ingredients you use, and the *Edwardsburg Products* mentioned in this book have earned a reputation for high standard and wholesomeness.

FOR over 69 years *Benson's Prepared Corn* has been a household necessity for making delicious desserts and for preparing sauces. The familiar original yellow package which has stood the test throughout all these years still contains the best Corn Starch obtainable.

Mazola, the pre-eminent salad and cooking oil, is used for deep frying, sauteing, shortening and salad dressing. It is economical and can be used over and over without carrying the flavor from one food to another. (For all baking, *Mazola* and eggs should be beaten *together* to get the best results.)

Crown Brand Corn Syrup, *Benson's Golden Syrup* and *Karo* are looked upon as delicious necessities—wonderful with hot biscuits, griddle cakes and waffles—a constant delight for children when spread on bread and unexcelled for general cooking purposes and candy making.

Corn Syrup has been definitely established as containing a large quantity of Dextrose (the energy-producing property in food) and is recommended by the Medical Profession for its high nutritive value.

When you are preserving try *Lily White Corn Syrup*. It is excellent, and you can get equal success with it in general cooking and candy making. It is recommended by Doctors for infant feeding because of its high Dextrose content. We will mail you a special booklet on infant feeding on request.

MEASUREMENTS

PERFECT results are assured when measurements are accurately made and directions carefully followed.

STANDARD measuring cups and spoons should be used. All measurements should be **level** and all flour sifted at least once before measuring.

Flour should be put into measuring cup lightly with a tablespoon, and levelled off with the edge of a knife or spatula. Do not strike side or edge of cup when filling.

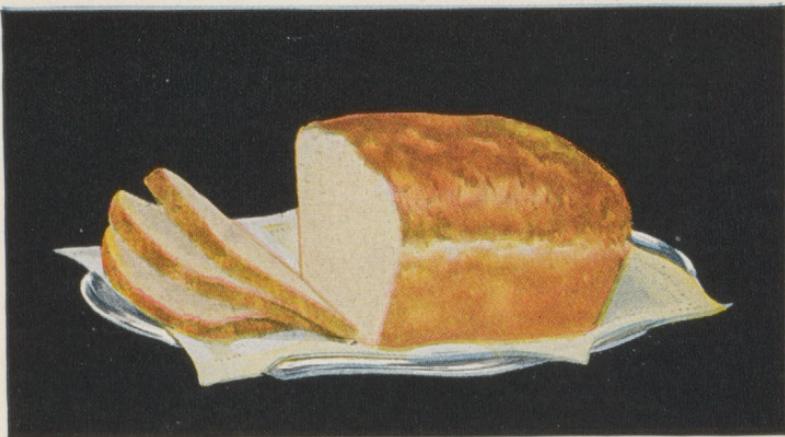
3 teaspoons = one tablespoon. 2 cups = one pint.
16 tablespoons = one cup.

OVEN HEAT

Slow oven.....	225 - 250
Moderate oven.....	325 - 350
Hot oven.....	375 - 400
Very Hot oven.....	525 - 550

TIME REQUIRED FOR AVERAGE GAS OVEN TO GET THESE HEATS BEFORE PUTTING IN CAKE

3 minutes for.....	200 - 250
5 minutes for.....	250 - 300
7 minutes for.....	300 - 350
10 minutes for.....	350 - 400
12 minutes for.....	400 - 450
15 minutes for.....	450 - 500



WHITE BREAD

12 cups Sifted Bread Flour
1 Yeast Cake
 $\frac{1}{4}$ cup Lukewarm Water
2 tablespoons Lily White Syrup

1 tablespoon Salt
3 tablespoons Mazola
4 cups Lukewarm Liquid
(Milk or Water)

ADD Lily White Syrup and yeast to one-fourth cup lukewarm water and stir until yeast is dissolved. Add to the four cups liquid and six cups flour. Beat until light and bubbly. Cover and set in a warm place (80°) for one-and-a-half hours. Add Mazola to sponge, sift salt with remaining six cups of flour and add to sponge. Knead for ten minutes. Cover and let rise (over night) until doubled in bulk. Mould lightly into four loaves, oil lightly with Mazola, let rise until doubled in bulk. In baking, the oven should be hot the first ten minutes, then reduce heat to moderate temperature, and bake forty-five to fifty minutes. Bread should be a golden brown all over when baked.



GRAHAM OR WHOLE WHEAT BREAD

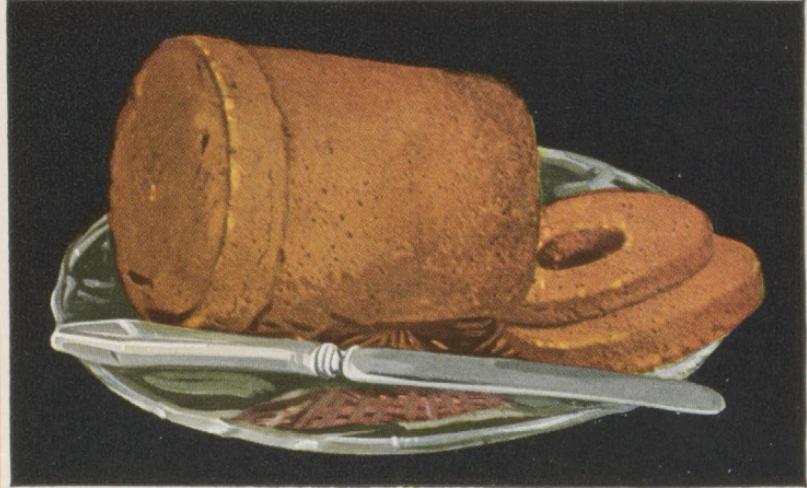
8 cups Graham Flour, unsifted	$\frac{1}{2}$ cup Crown Brand Syrup
2 cups Sifted Bread Flour	1 Yeast Cake
2 teaspoons Salt	2 cups Lukewarm Water
$\frac{1}{4}$ cup Brown Sugar	2 cups Milk, Scalded and Cooled
	2 tablespoons Mazola

DISSOLVE yeast, sugar and Crown Brand Syrup in lukewarm water. Add milk and Mazola, then flour and salt gradually. Knead very thoroughly and set in warm place to rise until doubled in bulk. This requires about two hours. Turn dough on to kneading board and mould into three loaves. Cover and let rise about one hour. Bake one hour in slower oven than used for white bread.

CORN BREAD

1 $\frac{1}{4}$ cups Cornmeal	1 Egg
$\frac{3}{4}$ cup Sifted Bread Flour	2 tablespoons Mazola
1 teaspoon Salt	3 tablespoons Crown Brand
$\frac{1}{2}$ teaspoon Soda	Syrup
2 teaspoons Baking Powder	1 cup Sour Milk or Buttermilk

SIFT together all dry ingredients. Add egg, Mazola, Crown Brand Syrup, and milk, and stir until thoroughly mixed. Bake in a hot oven about twenty-five minutes.



BROWN BREAD

1 cup Rye Meal

1 cup Yellow Cornmeal

1 cup Graham Flour

1 teaspoon Salt

1 teaspoon Soda

1½ teaspoons Baking Powder

1 cup Raisins

½ cup Crown Brand Syrup

2 tablespoons Mazola

2 cups Sour Milk

MIX together all dry ingredients. Add raisins, Crown Brand Syrup, Mazola, and milk. Mix thoroughly and fill one pound cans one-half full. Steam three hours. Makes four loaves.



BRAN MUFFINS

2 tablespoons Brown Sugar (or 1 of molasses in place of 1 of sugar if desired)	1 cup Cold Milk
1½ tablespoons Mazola	1 cup Bran (Warm—flaked, not crumbled)
1 pinch of Salt	1¼ cup Sifted Flour (Warm)
2 Eggs (well beaten)	2 rounded Teaspoons of Baking Powder

CREAM Sugar and Mazola till foamy, beat eggs and beat into sugar very thoroughly (after preparing flour and getting patty pans ready). Add Baking Powder and salt to flour, sift three times, beat bran into sugar and eggs thoroughly, then add flour and milk alternately. Bake at once in a fairly hot oven, turn out on cake rack as soon as baked.

Have Oven, Pans, and Flour all ready before beating eggs or Muffins will lose their lightness.



MUFFINS

2 cups Sifted Pastry Flour	1 tablespoon Crown Brand
3 teaspoons Baking Powder	Syrup
1 teaspoon Salt	2 tablespoons Mazola
1 tablespoon Sugar	2 Eggs
	1 cup Milk

SIFT together all dry ingredients. Add Mazola, Crown Brand Syrup, eggs unbeaten, and milk. Stir until well mixed. Bake in muffin tins oiled with Mazola, in a hot oven about twenty to thirty minutes. Makes twelve medium sized muffins.

CORN GEMS

1 pint Cornmeal	2 Eggs
1½ cups Flour	1 teaspoon Salt
½ cup Benson's Corn Starch	1 pint Buttermilk
2 teaspoons Baking Powder	1½ tablespoons Crown Brand
1 teaspoon Soda	Syrup
	¼ cup Mazola

SIFT dry ingredients together. Add Crown Brand Syrup and beaten egg to buttermilk and mix quickly with dry ingredients. Cut in the Mazola last. Bake in gem pans oiled with Mazola.

PARKER HOUSE ROLLS

8 cups Sifted Bread Flour	1 Yeast Cake
1 teaspoon Salt	$\frac{1}{4}$ cup Lukewarm Water
$\frac{1}{2}$ cup Lily White Syrup	2 cups Sweet Milk
2 tablespoons Sugar	2 tablespoons Mazola

SIFT flour, salt and sugar together. Dissolve yeast in $\frac{1}{4}$ cup of lukewarm water. Scald milk and let cool, to which add Mazola and Lily White Syrup; beat in half of dry ingredients, add yeast mixture and beat well. Let rise in warm place $1\frac{1}{2}$ hours. Add balance of dry ingredients, knead well for ten minutes, let rise until double in bulk, then roll out on floured board to one-fourth inch thickness. Oil surface and cut with a medium sized biscuit cutter. Fold over handle of silver knife, press edges together, let rise and bake in hot oven twenty minutes. This makes approximately thirty-six rolls.

POP OVERS

2 Eggs	1 cup Sifted Pastry Flour
1 cup Milk	$\frac{1}{2}$ teaspoon Salt
1 tablespoon Mazola	

BEAT eggs thoroughly. Add Mazola and milk and beat into dry ingredients gradually to avoid lumping. Bake in hot oven about twenty to thirty minutes.

BAKING POWDER BISCUIT

2 cups Sifted Pastry Flour	2 tablespoons Mazola
4 teaspoons Baking Powder	$\frac{3}{4}$ to 1 cup Milk
1 teaspoon Salt	

SIFT together all dry ingredients. Add Mazola to milk and stir until well mixed; add liquids to dry ingredients and with knife or spatula make into a soft dough. Toss on to slightly floured board, roll out to one inch thickness, cut with biscuit cutter and bake fifteen minutes in a hot oven.

If a shorter biscuit is desired, more Mazola may be added.

For Southern Biscuit, knead dough slightly before patting out. This makes a more compact finer-grained Biscuit.

SHORTCAKE

SHORTCAKE may be made by using the recipe for Baking Powder Biscuit, increasing the amount of Mazola to two or three tablespoons for each cup of flour used. If an egg is used, it should be slightly beaten before the milk and Mazola are added, then the liquids should be well mixed and cut into dry ingredients with spatula or knife. Individual shortcakes or family size shortcake may be made, according to personal preference. Half the dough should be rolled out to one-half inch thickness, the top brushed over with Mazola, and then the other half placed on top. Bake in hot oven fifteen to twenty minutes.



FRENCH TOAST

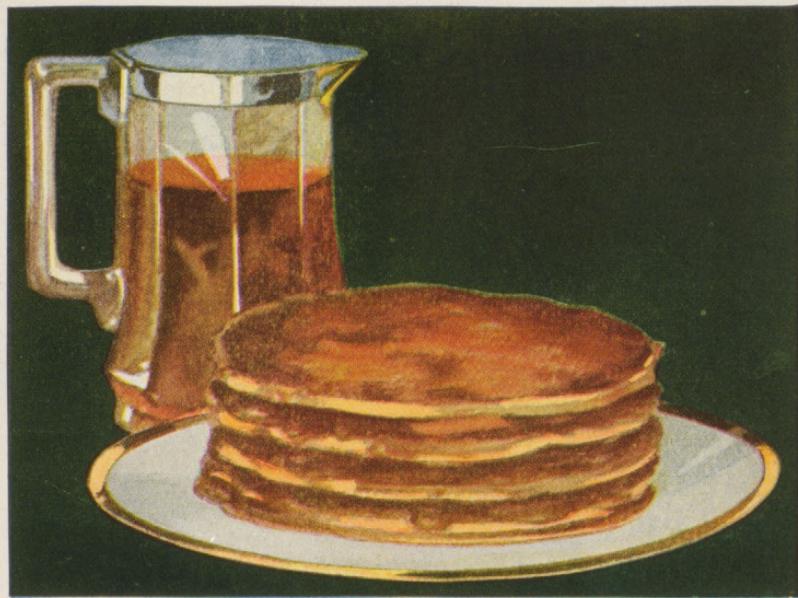
BEAT one egg until light, stir in one-half teaspoon of salt and one cup of milk. Have ready about six slices of stale white bread cut one-half inch thick. Dip them in the egg batter, turning until well moistened with the milk. Let them drain and dip again if any batter is left, for they will soak up quite a little without breaking.

Put enough Mazola into a shallow frying pan to cover the bottom, and when hot, stir in one-fourth teaspoon of salt; lay the bread slices in and cook carefully until well browned; then turn them over, and when the other side is browned, remove to a hot dish and serve at once as plain egg toast, or spread the slices with orange marmalade, jelly, or any hot stewed fruit.

WHEAT CAKES

2 cups Sifted Bread Flour	3 tablespoons Lily White
3 teaspoons Baking Powder	Syrup
1 teaspoon Salt	1 Egg
1 tablespoon Mazola	1½ cups Milk

SIFT together all dry ingredients. Add egg unbeaten with Mazola, Lily White Syrup and milk. Stir until ingredients are thoroughly mixed. Bake on a hot griddle, oiled with Mazola. If sour milk is used, substitute three-fourths teaspoon soda for Baking Powder.



BUCKWHEAT CAKES

4 cups Buckwheat Flour	1 tablespoon Crown Brand
$\frac{1}{3}$ cup Benson's Corn Starch	Syrup
2 teaspoons Salt	2 cups Lukewarm Water
$\frac{1}{3}$ Yeast Cake	2 tablespoons Mazola
$\frac{1}{2}$ cup Lukewarm Water	$\frac{1}{2}$ teaspoon Soda

A DD Crown Brand Syrup and yeast to the one-half cup lukewarm water and when dissolved add to the two cups lukewarm water. Sift together buckwheat flour and corn starch and add to liquid. Beat thoroughly and set away in a warm place to rise over night. In the morning add the Mazola, salt and soda. Beat thoroughly and bake on a hot griddle oiled with Mazola.



WAFFLES

2 cups Sifted Pastry Flour	1½ cups Milk
4 teaspoons Baking Powder	3 tablespoons Mazola
1 teaspoon Salt	3 Eggs

SIFT together all dry ingredients. Beat egg yolks, gradually add milk and Mazola. Stir liquids into dry ingredients and mix well. Cut and fold in whites of eggs beaten stiff. Have waffle iron hot; oil with Mazola. This makes twelve medium sized waffles.

EASY METHODS FOR CAKE MAKING

MAZOLA simplifies cake making as the tedious process of creaming the fat with the sugar is entirely eliminated.

Any recipe may be used, substituting MAZOLA for butter, using one-fourth to one-third less.

Cake batter made with MAZOLA is thinner than that made with butter as the fat is in liquid form.

All measurements should be level and all flour sifted at least once before measuring.

Flour should be put into measuring cup lightly with a tablespoon and levelled off with the edge of a knife or spatula. Do not strike side or edge of cup when filling it.

Cake batter should not be beaten after flour is added, as beating toughens the gluten and makes the cake coarse.

Pastry flour should be used for all cakes as it makes a finer grain and the cake is more tender than if ordinary wheat flour is used. Pastry flour may be made as follows:

PASTRY FLOUR

4 cups Sifted Flour 1 cup Benson's Corn Starch

Sift together at least five times

If patent cake flour is used, add two tablespoons flour to each cupful called for in the recipe.

ORANGE LAYER CAKE

1 cup Sugar

$\frac{1}{2}$ cup Mazola

$\frac{1}{2}$ cup Water

3 Egg Yolks

Whites of two eggs

Juice and Rind of 1 Orange

$1\frac{1}{2}$ cups Sifted Pastry Flour

3 teaspoons Baking Powder

$\frac{1}{2}$ teaspoon Salt

SEPARATE eggs. Beat yolks slightly, add Mazola, sugar and one tablespoon water taken from water in recipe. Beat one minute with egg beater. Sift together flour, salt and baking powder. Add grated rind of orange. Add orange juice to water, and add to Mazola, sugar and eggs alternately with dry ingredients. Cut and fold in beaten whites of eggs. Bake in moderate oven.



ORANGE FILLING

$\frac{1}{2}$ cup Sugar	1 tablespoon Mazola
3 tablespoons Benson's Corn Starch	$\frac{3}{4}$ cup Water
$\frac{1}{4}$ teaspoon Salt	1 Egg
$\frac{1}{4}$ tablespoon Bread Flour	1 tablespoon Lemon Juice
	Juice and Rind of 1 Orange

MIX dry ingredients. Add water and Mazola and cook fifteen minutes in a double boiler after mixture thickens. Beat eggs slightly, add to cooked mixture. Add grated rind of orange, with orange and lemon juice. When cold, spread between layers. Use plain white frosting on top.

CASCO POTATO FLOUR SPONGE CAKE

2 Eggs	$\frac{1}{2}$ cup Sugar
1 teaspoon Baking Powder	$\frac{1}{2}$ cup Casco Potato Flour
2 Tablespoons Water if needed	

SEPARATE eggs, beating yolks thick, add sugar and continue beating; beat whites of eggs stiff and beat into first mixture. Mix baking powder and potato flour and sift into mixture. Bake in a moderate oven about 30 minutes.

LILY WHITE SPONGE CAKE

3 Eggs	1 teaspoon Baking Powder
$\frac{1}{2}$ cup Lily White Syrup	7 teaspoons Hot Milk
$\frac{1}{2}$ cup Granulated Sugar	$\frac{1}{3}$ teaspoon Salt
1 $\frac{1}{4}$ cups Sifted Pastry Flour	$\frac{1}{2}$ teaspoon Lemon Extract

BEAT whites of eggs until stiff, add sugar gradually, continue beating, then add Lily White Syrup. Beat yolks until thick and add flavoring. Sift flour, baking powder and salt together and fold into egg mixture, add hot milk gradually, mix lightly and turn into pan lined with oil paper, and bake in moderate oven.

CREAM VELVET CAKE

1 $\frac{1}{4}$ cups Sifted Pastry Flour	$\frac{2}{3}$ cup Water
$\frac{3}{4}$ cup Sugar	1 teaspoon Vanilla
2 $\frac{1}{2}$ teaspoons Baking Powder	$\frac{1}{2}$ teaspoon Lemon Flavoring
$\frac{3}{4}$ teaspoon Salt	2 Eggs
$\frac{1}{3}$ cup Mazola	

SIFT together all dry ingredients. Mix Mazola, water and flavoring. Add to dry ingredients. Drop in egg yolks and mix thoroughly. Beat whites of eggs stiff and cut and fold in. Makes two small layers. Cover with Marshmallow Icing.



POUND CAKE

1 cup Sugar	2 teaspoons Baking Powder
$\frac{1}{2}$ cup Mazola	$\frac{1}{2}$ cup Milk
1 $\frac{1}{2}$ cups Pastry Flour	4 Eggs
$\frac{1}{2}$ teaspoon Salt	Lemon Flavoring

BEAT eggs and sugar and one tablespoon milk taken from amount given in recipe. Beat until light colored. Add Mazola gradually, beating constantly, until light and creamy. Fold in sifted dry ingredients alternately with milk. Cut and fold in stiffly beaten whites of eggs. Bake in a loaf in moderate oven about thirty-five to forty minutes.

SOFT GINGERBREAD

2 Eggs	1 teaspoon Baking Soda
1 cup Brown Sugar	$\frac{1}{2}$ teaspoon Salt
$\frac{1}{2}$ cup Crown Brand Syrup	2 cups Sifted Bread Flour
$\frac{1}{3}$ cup Mazola	1 teaspoon Ginger
$\frac{1}{2}$ cup Black Coffee	1 cup Raisins

SIFT dry ingredients. Add raisins and stir. Mix Crown Brand Syrup, Mazola and Coffee. Drop unbeaten eggs into dry ingredients, add liquids and stir well. Bake in slow oven about forty-five minutes.

CHOCOLATE CAKE

1 cup Sugar	2 Eggs, separated
1 $\frac{1}{2}$ cups Sifted Pastry Flour	$\frac{1}{3}$ cup Mazola
2 teaspoons Baking Powder	$\frac{2}{3}$ cup Milk
$\frac{1}{2}$ teaspoon Salt	1 teaspoon Vanilla

Cook together, cool and add last:

4 tablespoons Cocoa, or 2 squares Bitter Chocolate	2 tablespoons Sugar
	1 $\frac{1}{2}$ tablespoons Milk

SIFT together all dry ingredients. Drop in egg yolks, Mazola, milk and vanilla and stir until well mixed. Add cooked mixture. Fold in stiffly beaten egg whites. Bake in layer or loaf pan.

LAYER CAKE

2 Eggs
 $\frac{3}{4}$ cup Sugar
 $\frac{1}{4}$ teaspoon Salt
 $\frac{3}{4}$ cup Water

$\frac{1}{8}$ cup Mazola
 2 cups Sifted Pastry Flour
 $2\frac{1}{2}$ teaspoons Baking Powder
 1 teaspoon Flavoring

BEAT eggs and sugar until light and thick. Beat in Mazola, add water and dry ingredients alternately. Add flavoring, and pour into lightly oiled layer pans. Bake twenty to twenty-five minutes in a hot oven.

Chocolate, Marshmallow or Fruit Icing is desirable for the above cake.

COCOANUT FLUFF CAKE

1 $\frac{1}{2}$ cups Sifted Pastry Flour	$\frac{1}{2}$ cup Cocoanut
2 $\frac{1}{2}$ teaspoons Baking Powder	$\frac{1}{2}$ cup Milk or Water
$\frac{1}{2}$ teaspoon Salt	$\frac{1}{4}$ cup Mazola
$\frac{2}{3}$ cup Sugar	1 Egg
	$\frac{1}{2}$ teaspoon Flavoring

MIX and sift dry ingredients. Add cocoanut and mix well. Add Mazola, milk or water, beaten egg and flavoring. Stir ingredients quickly and bake in hot oven for about 20 minutes.

DEVIL'S FOOD

2 cups Brown Sugar	$\frac{1}{2}$ cup Mazola
2 $\frac{1}{2}$ cups Sifted Pastry Flour	2 Eggs
3 teaspoons Baking Powder	1 teaspoon Vanilla
$\frac{1}{2}$ teaspoon Soda	2 squares Bitter Chocolate
$\frac{3}{4}$ cup Sour Milk	1 cup Hot Water
1 teaspoon Salt	

SIFT together dry ingredients. Add milk, Mazola, and drop in eggs. Mix well. Cook chocolate and hot water until thick, cool and add to cake mixture with flavoring. Bake in layer or loaf pan. Makes three layers.



MARSHMALLOW ICING

1½ cups Sugar	1 tablespoon Marshmallow
½ cup Cold Water	Cream or 6 Marshmallows
1 tablespoon Lily White	Flavoring
Syrup	1 Egg White

BOIL sugar, Lily White Syrup and water until syrup spins a long thread. Pour slowly on to stiffly beaten egg whites, add marshmallows or marshmallow cream, and continue to beat until icing piles up. This icing is fluffy and smooth, if properly made, and of a creamy consistency, yet firm on top.

DIVINITY ICING

TO make Divinity Icing use Lily White or Crown Brand Syrup for half of the liquid of your favourite recipe and boil to the highest temperature shown in the recipe.

PLAIN ICING

1 cup Confectioner's Sugar	¼ teaspoon Flavoring
2 teaspoons Mazola	⅛ teaspoon Salt
2 tablespoons Cream or Water	

MIX all together until rich and creamy, and spread over cake. For chocolate icing add one square of chocolate.

CHOCOLATE FUDGE FROSTING

1½ cups Brown Sugar	1 tablespoon Mazola
2 tablespoons Crown Brand	½ cup Sweet Milk
Syrup	1 square Chocolate

COOK slowly for fifteen minutes, or until it forms a soft ball when dropped in cold water. Cool for ten minutes. Beat until creamy.



SUGAR COOKIES

2 cups Sugar	1 teaspoon Soda
1 cup Mazola	1½ teaspoons Salt
1 cup Sour Cream	Vanilla Flavoring
2 Eggs	4½ cups Sifted Pastry Flour

MIX liquids and add to sifted dry ingredients. Raisins, cocoanut or nuts may be added if desired. Roll out on slightly floured board. Cut with Biscuit Cutter.

Bake in a moderate oven for about 20 minutes.

MOCHA FROSTING

1 cup Confectioner's Sugar	5 teaspoons Boiling Hot
4 teaspoons Cocoa	Coffee
2 teaspoons Mazola	Vanilla flavoring

MIX all together until rich and creamy, and spread over cake.

GINGER COOKIES

1 cup Brown Sugar	1 teaspoon Salt
5 cups Sifted Pastry Flour	$\frac{1}{2}$ cup Crown Brand Syrup
1 teaspoon Soda	$\frac{1}{2}$ cup Molasses
2 teaspoons Baking Powder	1 cup Mazola
1 teaspoon Ginger	1 cup Boiling Water
$\frac{1}{2}$ teaspoon Cinnamon	3 Eggs
$\frac{1}{2}$ teaspoon Cloves	

SIFT dry ingredients. Add eggs and liquids and stir well. Drop from spoon on to oiled tins. Bake in moderate oven. One-half cup jelly or jam may be added to this recipe.

CINNAMON COFFEE CAKE

1 $\frac{1}{2}$ cups Sifted Pastry Flour	2 tablespoons Lily White Syrup
$\frac{1}{2}$ teaspoon Salt	
2 teaspoons Baking Powder	2 tablespoons Mazola
1 beaten Egg	$\frac{1}{2}$ cup Milk

SIFT dry ingredients into mixing bowl, add milk, Lily White Syrup, Mazola, and beaten egg. Mix well and pour into shallow pan oiled with Mazola.

TOPPING

1 $\frac{1}{2}$ tablespoons Mazola	1 tablespoon Cinnamon
3 tablespoons Sugar	Pinch of Salt
1 tablespoon Bread Flour	

MIX until crumbly and scatter evenly on top of cake. Bake in quick oven, about twenty-five minutes.



CREAM PUFFS

1 cup Water	$\frac{1}{3}$ cup Mazola
1 cup Sifted Pastry Flour	4 Eggs
$\frac{1}{2}$ teaspoon Salt	

BRING water and Mazola to a boil. Add flour and salt and cook until mixture leaves sides of pan. Remove from fire. Cool and add unbeaten eggs, one at a time, beating thoroughly after each egg is added. Bake fifteen minutes in a hot oven, reduce heat to moderate and continue baking twenty to twenty-five minutes longer. Fill with chocolate or cream filling, which should be cold.

CREAM FILLING

1 cup Sugar	2 cups Milk
4 $\frac{1}{2}$ tablespoons Benson's	$\frac{1}{2}$ teaspoon Flavoring
Corn Starch	2 Eggs
$\frac{1}{8}$ teaspoon Salt	

MIX dry ingredients. Add milk and cook in a double boiler fifteen minutes. Beat eggs slightly and add to the cooked mixture. Cool and add flavoring. For Chocolate filling add one square of Chocolate.

FRUIT SANDWICH COOKIE

2 cups White Granulated
Sugar

2 cups Mazola

2 teaspoons Vanilla Extract

4 Eggs (well beaten)

1 cup Sour Milk or Cream

4 teaspoons Baking Powder

2 teaspoons Baking Soda

Enough Pastry Flour to
make a very soft dough

A DD Baking Powder and Soda to flour before
adding to other ingredients.

Sift flour at least once before measuring.

All measurements LEVEL.

FILLING

1 lb. Seeded Raisins

2½ cups Cold Water

1 cup Light Brown Sugar

2 tablespoons Mazola

Juice and Rind of ½ Lemon

3 tablespoons Benson's Corn

Starch

PUT raisins and water into saucepan and SIMMER
twenty minutes, then add sugar, Mazola, and
lemon juice and grated rind. Mix corn starch with
little water and thicken above mixture.

Roll the cookie batter out thin, cut size desired, fill
baking sheet and then put one teaspoon of filling on
each cookie and cover with another, making a Fruit
Sandwich. Bake on temperature 400°.

These cookies improve with age, the fruit and
Mazola keeping them moist. Chopped figs may be
substituted for filling if desired, or strawberry pre-
serves are also delicious.

PASTRY MAKING

PASTRY is made with Mazola the same as with any other fat.

As a time saver beat Mazola and water thoroughly and add to sifted dry ingredients. Mix together lightly with a spatula or fork, roll out on slightly floured board to the desired thickness.

A small amount of baking powder, or a little lemon juice added to pastry, makes it more flaky and more easily digested.

Where two crusts are placed together, the under crust should always be brushed with cold water, the upper crust placed over it, the two edges pressed firmly together and the upper crust brushed with Mazola.

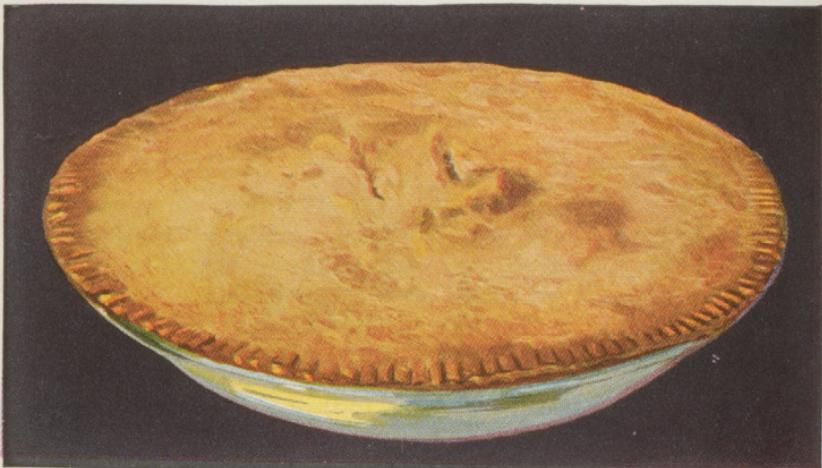
When juicy fruit is used for a filling, some of the juice is likely to escape. To prevent this, bind edges with a strip of cloth wrung out of hot water.

When crust is baked before filling is added, cover an inverted pie plate with pastry and prick before baking.

Crusts and fillings should be cold before putting together to prevent sogginess.

The oven for all pies should be moderately hot.

Use one-quarter to one-third less Mazola than lard or compounds in making pastry.



PIE CRUST

1½ cups Sifted Pastry Flour
¾ teaspoon Salt
½ teaspoon Baking Powder

¼ cup Mazola
4 tablespoons Cold Water

SIFT dry ingredients. Add water to Mazola and beat until creamy. Mix quickly into dry ingredients. Toss on to slightly floured board and roll to desired thickness. This recipe makes one small double crust pie.

BERRY PIES

WASH berries and pick over. For raspberries, blackberries, blueberries, and loganberries, mix three-quarter cup sugar with one tablespoon of



Benson's Corn Starch for each pie and stir into berries.

When using cranberries, currants, gooseberries and cherries, mix one and one-half cups sugar with two tablespoons Benson's Corn Starch and add to fruit.

LEMON CREAM PIE

$\frac{3}{4}$ cup Sugar	2 tablespoons Bread Flour
1 $\frac{3}{4}$ cups Water	Grated Rind of 1 Lemon
1 teaspoon Salt	Juice of 2 Lemons
3 tablespoons Benson's	2 Eggs
Corn Starch	

SIFT dry ingredients. Add water and cook in double boiler until thick. Add egg yolks, slightly beaten, and cook one minute longer. Remove from fire and add lemon juice. Cool and fill pastry shell. Beat egg whites stiff, allowing a tablespoon sugar for each egg. Spread on top of pie. Place in moderate oven and brown lightly.

PUMPKIN PIE

1 cup Stewed Pumpkin	$\frac{1}{2}$ teaspoon Ginger
$\frac{3}{4}$ cup Sugar	1 teaspoon Cinnamon
1 tablespoon Benson's	1 $\frac{1}{2}$ cups Milk
Corn Starch	2 Eggs
$\frac{1}{2}$ teaspoon Salt	1 tablespoon Mazola

SТИR dry ingredients into pumpkin. Add Mazola to slightly beaten eggs and milk. Bake in one crust in a very moderate oven.

CHEESE STRAWS

Pie Crust Dough

1 cup Grated Cheese

ROLL out pie crust dough to one-eighth inch thickness, sprinkle one-half with part of the grated cheese, fold over, roll out and repeat process until all of the cheese has been used. Sprinkle with paprika, cut in strips five inches long, one-fourth inch wide, and bake in moderate oven. Cheese straws are piled log cabin fashion and served with cheese or salad course.

BANBERRY TARTS

PIE CRUST DOUGH FILLING

1 Egg	1 cup Raisins, chopped
$\frac{1}{2}$ cup Sugar	1 cup Nuts, chopped
$\frac{1}{2}$ cup Lily White Syrup	Grated Rind and Juice of
1 tablespoon Mazola	1 Lemon
4 Crackers	

COOK sugar, Lily White Syrup, Mazola, raisins and crackers until thick. Add eggs lightly beaten. Remove from fire and add lemon juice and grated rind and nuts. Roll pastry one-eighth inch thick and cut pieces three and one-half inches long by three inches wide. Put two teaspoons of the mixture on each piece, moisten edge with cold water half-way round, fold over, press edges together, and bake in moderate oven.

CORN STARCH BLANC MANGE

2 cups Milk	2 Eggs
$\frac{1}{2}$ cup Sugar	$\frac{1}{4}$ teaspoon Salt
3 tablespoons Benson's	Flavoring
Corn Starch	

MIX dry ingredients. Add hot, scalded milk, and cook in double boiler, stirring constantly until thick. Continue cooking fifteen minutes longer. Add slightly beaten eggs and cook a few minutes more. Remove from fire and add flavoring. Pour into moulds rinsed with cold water. Serve with cream or fruits in season. For chocolate Blanc Mange, add 1 square chocolate before adding the eggs.

LEMON SAUCE

1 cup Sugar	1 cup Boiling Water
$\frac{1}{2}$ cup Lily White Syrup	$\frac{1}{4}$ teaspoon Salt
2 tablespoons Benson's	2 tablespoons Lemon Juice
Corn Starch	2 tablespoons Orange Juice
1 tablespoon Mazola	Grated Rind of $\frac{1}{2}$ a Lemon
Grated Rind of $\frac{1}{2}$ an Orange	

COOK sugar, corn starch, salt, Lily White Syrup, Mazola and water in double boiler twenty minutes. Add fruit juice and rind.



VANILLA SAUCE

1 cup Sugar	$\frac{1}{2}$ cup Crown Brand Syrup
2 tablespoons Benson's Corn Starch	1 cup Boiling Water
1 tablespoon Mazola	$\frac{1}{2}$ teaspoon Vanilla
	$\frac{1}{4}$ teaspoon Salt

COOK sugar, Corn Starch, salt, Mazola, Crown Brand Syrup and water in double boiler twenty minutes. Remove from fire and add flavoring.

CHOCOLATE SAUCE

2 tablespoons Benson's Corn Starch	$1\frac{1}{2}$ cups Water
$\frac{1}{4}$ cup Cocoa	$\frac{1}{2}$ cup Crown Brand Syrup
$\frac{1}{4}$ teaspoon Salt	$\frac{3}{4}$ cup Sugar
$\frac{1}{2}$ teaspoon Vanilla	1 tablespoon Mazola

COOK sugar, Corn Starch, salt, cocoa, Mazola, Crown Brand Syrup and water in double boiler twenty minutes. Remove from fire and add flavoring.

PLUM PUDDING

This pudding is made with left overs such as stale cake, bread crusts, crackers, cookies, and doughnuts.

3 cups Crumbs soaked in cold water and water pressed out	1 Orange Peel, finely chopped
1½ cups Sifted Bread Flour	2 teaspoons Cinnamon
½ cup Sugar	1 teaspoon Mace
1 cup Crown Brand Syrup	½ teaspoon Allspice
1 package Raisins	¼ teaspoon Cloves
½ cup Mazola	1 teaspoon Salt
3 Apples, chopped	½ teaspoon Soda
1 Lemon Peel, finely chopped	1 teaspoon Baking Powder

SIFT dry ingredients, add fruit, and stir well. Add Mazola to Crown Brand Syrup, and beat thoroughly, and with crumbs add to dry ingredients. Steam three hours. This makes three one-pound puddings. If cake, cookies, or doughnut crumbs are used, omit the sugar.

BAKED APPLE ROLL

2 cups Sifted Pastry Flour	2 tablespoons Mazola
2 teaspoons Baking Powder	¾ cup Milk
1 teaspoon Salt	

SIFT dry ingredients. Mix liquids and combine. Roll out one-quarter inch thick, spread over with sliced apples, sprinkle lightly with sugar and cinnamon. Roll up as for jelly roll. Slice one inch thick, set on end in baking pan well oiled with Mazola and pour over a sauce made as follows:

¾ cup Sugar	2 cups Cold Water
½ cup Crown Brand Syrup	2 tablespoons Mazola
1½ tablespoons Benson's Corn Starch	Dash of Nutmeg

Cook sauce five minutes. Bake until apples are tender and serve hot.

VANILLA ICE CREAM

2½ cups Milk	2 Egg Yolks
1 cup Cream	1¼ cups Lily White Syrup
1½ teaspoons Benson's Corn Starch	1 tablespoon Vanilla ½ teaspoon Salt

MIX Corn Starch with two tablespoons of the milk. Cook one cup milk, Corn Starch, and Lily White Syrup over hot water fifteen minutes from the time the mixture thickens. Remove from fire and pour mixture slowly on to slightly beaten egg yolks, stirring constantly. Add balance of milk, cream, and flavoring, put mixture into freezer and proceed in the regular way for ice cream.

HOT SAUCE

STEAM till quite soft one square of unsweetened chocolate, in the dish for serving; add very gradually one cup *hot* Crown Brand Syrup, stirring all the time; add $\frac{1}{4}$ teaspoonful vanilla, if desired. This sauce is particularly good for serving with little cakes and with or without chopped nuts for Ice Cream.

FROZEN CUSTARD

1 quart Rich Milk	2 teaspoons Benson's Corn Starch
1 handful Raisins	
½ cup Sugar	½ cup Nut Meats, chopped
½ cup Crown Brand Syrup	2 teaspoons Vanilla
3 Eggs	

HEAT the raisins in the milk in a double boiler for twenty minutes. Make a custard of the other ingredients, adding the nut meats when cold. Freeze as ice cream. This may be varied by adding chopped figs, dates, etc.

DRIED FRUIT

WASH dried fruit in warm water. Cover with cold water and soak overnight.

For Prunes, let simmer gently for two hours, then add $\frac{3}{4}$ cup Lily White Syrup and $\frac{1}{4}$ lemon chopped fine for each pound, about five minutes before removing from stove. For Apricots or Peaches, simmer $1\frac{1}{4}$ hours and add one cup Lily White Syrup.

For Pears, simmer two hours and add one cup Lily White Syrup and a small piece of ginger, which will add to the flavor.

NATURAL FRUIT JELLIES

$4\frac{1}{2}$ tablespoonfuls Benson's
Corn Starch

3 cupfuls any kind of Fruit
Juice

MIX the Corn Starch to a smooth cream with a little of the juice. Bring the rest of the juice to the boil. Remove the saucepan from the fire. Pour the mixed Corn Starch slowly into it, stirring vigorously. Bring to the boil again and boil well for THREE minutes, stirring all the time. Pour into a wet mould and cool. When cold turn out and serve with whipped cream. The juice of half a lemon may be added to help the flavor.

PRUNE JELLY

4½ tablespoons Benson's Corn Starch	1 lb. Prunes 2 Pints Water
2 oz. Sugar if prunes are not very sweet	

STEW the prunes in a little of the water from the two pints, till soft, which will take about fifteen minutes. Remove the stones and pound up the rest of the fruit in a mortar. Mix the Corn Starch to a smooth cream with a little of the water. Bring the rest of the water to the boil and stir the Corn Starch and the sugar into it. Add the pounded prunes and boil for eight minutes.

DEEP FAT FRYING

Foods fried in MAZOLA are much more readily digested than those fried in lard, compounds, etc.

Deep fat frying is used for various foods—doughnuts, croquettes, fritters, fish, French fried potatoes, etc. Better results are obtained with deep fat frying and with less trouble than when a skillet is used—also, less fat is consumed.

Mazola should not be smoking, as it is hot enough for successful frying long before it begins to smoke.

To test Mazola, drop a portion of the food that is to be fried into the Mazola; if it rises to the surface at once, it is hot enough to fry in.

Onions, doughnuts, croquettes, and fish may all be fried in the same oil, and the Mazola afterwards used in cake or pie crust, as Mazola does not absorb the flavor of anything cooked in it.

There is no waste to Mazola as it may be used over and over again to the very last drop.

It is advisable to strain Mazola through Cheese Cloth after each frying.



DOUGHNUTS

3 Eggs	5 cups Sifted Pastry Flour
1 cup Sugar	1 teaspoon Baking Powder
1 teaspoon Salt	1/2 teaspoon Soda
2 tablespoons Mazola	1 teaspoon Mace or Nutmeg
1 cup Sour or Buttermilk	

THOROUGHLY mix first five ingredients. Sift together flour, baking powder, soda, and spice, and add to first mixture. Mix thoroughly but lightly, and roll out on slightly floured board. Cut with doughnut cutter and fry in deep hot Mazola.

If sweet milk is used, eliminate soda and use four teaspoons baking powder.

CRULLERS may be made by using above recipe, and after rolling out the dough, cut in strips, twist and fry in deep Mazola.

CORN



CORN



The reputation
Products enjoy to-day
standard of quality and
that has never

STARCHES



SYRUPS



These Edwardsburg
founded on that higher
on a richness of food value
been equalled.



RAISED DOUGHNUTS

4 cups Pastry Flour	1 cup Water
1 cup Sugar	1 Yeast Cake
1 teaspoon Salt	4 tablespoons Mazola
1 cup Milk	3 Eggs

MIX dry ingredients. Have water and milk luke-warm, dissolve yeast cake in liquid, mix with dry ingredients, beating well. Add Mazola, beat well again, then your eggs beaten light. Cover and put in warm place over night. In morning add enough flour to handle, cut with doughnut cutter, lay on floured board and let raise for one hour, then fry in hot Mazola.

CHICKEN CROQUETTES

2 cups Chopped Cooked Chicken	Dash of Paprika
$\frac{3}{4}$ cup thick White Sauce	1 Egg Yolk
$\frac{1}{2}$ teaspoon Salt	$\frac{1}{4}$ teaspoon Celery Salt 1 teaspoon Lemon Juice

COMBINE chicken, sauce, and seasonings. Stir in egg yolk. Shape, roll in cracker crumbs, then into slightly beaten egg, and again in cracker crumbs. Fry in deep, hot Mazola.



FRENCH FRIED POTATOES

WASH and pare potatoes. Cut in eighths, lengthwise. Let stand in cold water at least one hour. Dry thoroughly between towels and fry in deep, hot Mazola. Sprinkle with salt.

SARATOGA CHIPS

WASH and pare potatoes. Slice thinly, using vegetable slicer, into a bowl of cold water. Let stand until crisp. Dry between towels and fry in deep, hot Mazola until light brown. Remove from kettle and sprinkle with salt.



PLAIN FRITTERS

1 cup Sifted Pastry Flour	1 tablespoon Mazola
$\frac{1}{2}$ teaspoon Salt	$\frac{1}{2}$ cup Milk
2 Eggs	1 teaspoon Baking Powder

SIFT dry ingredients. Add eggs unbeaten, with Mazola and milk and stir until well mixed. Drop by spoonfuls into hot Mazola. Cook until golden brown. Serve with Crown Brand Syrup.

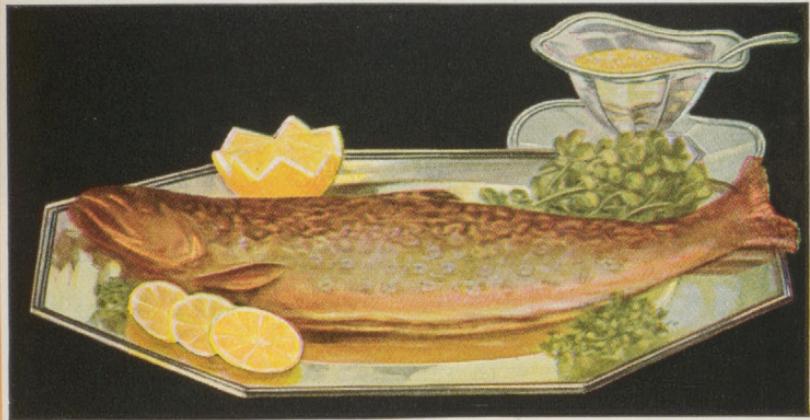
APPLE FRITTERS

ADD one-fourth cup sugar, one and one-half cups chopped apples and one-fourth teaspoon mace or cinnamon to recipe for plain fritters.

BANANA FRITTERS

3 Bananas	2 teaspoons Grated Orange
1 tablespoon Sugar	Rind
2 teaspoons Lemon Juice	

REMOVE skins from bananas. Cut into halves lengthwise and cut halves crosswise. Sprinkle with sugar, lemon juice, and orange rind. Cover and let stand thirty minutes. Dip in plain fritter batter, fry in deep hot Mazola. Serve with lemon sauce or powdered sugar.



FRIED FISH

CLEAN, wash, and drain fish. Cut in convenient sizes for serving. Roll in flour or cornmeal and fry in deep, hot Mazola. Fish fried in this way will not be grease soaked and is therefore more palatable and wholesome.

FRIED CHICKEN

SLECT a young chicken. Disjoint and cut up as for fricassee. Roll each piece in egg and cracker dust and fry in hot Mazola, then place cover on pan and let simmer for about ten minutes.

BAKED FISH

CLEAN, wash and dry fish and dip in beaten egg or milk. Dredge with cracker crumbs seasoned with pepper and salt: put enough Mazola in the baking tin to cover the bottom and bake well for twenty-five minutes. Serve with sauce Tartare.

WHITE SAUCE NO. 1.

1 tablespoon Mazola
1 tablespoon Benson's
Corn Starch

$\frac{1}{4}$ teaspoon Salt
A dash of Pepper
1 cup of Milk

MIX Corn Starch, salt and pepper. Add Mazola and milk, and cook over a low fire, stirring constantly, about five minutes. Or cook over hot water, stirring constantly until thick, then continue cooking fifteen minutes longer to thoroughly cook the starch. For a thicker sauce, add one or, for still thicker, two tablespoons Benson's Corn Starch.



BAKED BEANS

1 quart Dried Beans	1½ teaspoons Salt
1 medium sized Onion	⅓ to ½ cup Mazola
¼ cup Crown Brand Syrup	

WAsh beans thoroughly and soak over night. Use the same water to boil beans. Cook slowly until barely tender. Put in bean pot, add Mazola, Crown Brand Syrup, onion and salt. Bake in a moderate oven until tender.

SALADS

SALADS furnish valuable mineral salts and also give variety to the diet.

All ingredients for salads should be fresh, crisp and cold. Wash lettuce thoroughly and place in a paper bag, on ice, if possible.

Salad ingredients should be cut in rather small, even-sized pieces—never chopped.

All salad ingredients should be separately and lightly tossed in a small amount of French dressing before combining, or adding Mayonnaise dressing.

Mazola has the same food value as olive oil and is just as easily digested, with the added advantage that it does not become rancid.

Mazola is more easily emulsified than olive oil.



THOUSAND ISLAND DRESSING

1 cup Mayonnaise	1 Pimento, chopped fine
$\frac{1}{4}$ cup Chili Sauce	2 tablespoons Chopped
$\frac{1}{4}$ cup Sweet Spiced Relish or Chopped Sweet Pickle	Green Pepper
	4 Stuffed Olives, chopped

FOLD all ingredients carefully into Mayonnaise just before serving.

CLUB DRESSING

$\frac{1}{2}$ cup French Dressing	1 level teaspoon Chopped
$\frac{1}{2}$ cup Chili Sauce	Chives or Onion
1 teaspoon Worcestershire Sauce	

MIX all ingredients thoroughly and serve on lettuce.

FRENCH DRESSING

8 tablespoons Mazola	$\frac{1}{2}$ teaspoon Salt
3 tablespoons Lemon Juice	1 teaspoon Sugar
or Vinegar	$\frac{1}{8}$ teaspoon Paprika

MIX dry ingredients. Add Mazola and lemon juice or vinegar and beat until creamy. This dressing may be made in larger quantities and kept in a bottle and shaken as used.

This is the regulation recipe for French Dressing, but the proportions of oil and acid may be reversed to make it a little more tart for those desiring a sharper dressing.

A little Chili Sauce or Catsup also gives added piquancy.

MAYONNAISE DRESSING

1 cup Mazola	$\frac{1}{8}$ teaspoon Paprika
1 Egg Yolk	3 tablespoons Lemon Juice
$\frac{1}{2}$ teaspoon Sugar	or Vinegar
$\frac{1}{2}$ teaspoon Salt	

BEAT egg yolk thoroughly and add Mazola one teaspoon at a time until you have a firm creamy mixture, after which Mazola may be added more rapidly, then add your seasoning and lastly the lemon juice or vinegar, beating all well together.

SAUCE TARTARE

(For fried fish, oysters, crabs, scallops or entrées)

1 cup Mayonnaise	$\frac{1}{4}$ tablespoon of Onion Juice
2 tablespoons Capers	or Finely Chopped
2 tablespoons Olives	Shallots or White
2 tablespoons Gherkins	Onions
1 tablespoon Parsley	

CHOP capers, olives, gherkins, and parsley very fine and add seasoning. Fold into the Mayonnaise and serve cold.



HOLLANDAISE SAUCE

2 Egg Yolks	$\frac{1}{3}$ teaspoon Salt
$\frac{1}{3}$ cup Mazola	$\frac{1}{8}$ teaspoon Paprika
$\frac{1}{3}$ cup Boiling Water	1 $\frac{1}{2}$ tablespoons Lemon Juice

BEAT egg yolks. Gradually add Mazola, with seasonings and boiling water. Put into double boiler and cook until thick. Remove from fire and add lemon juice.

May be served hot or cold on asparagus, boiled fish or salads.

VINAIGRETTE SAUCE

2 yolks of Hard Boiled Eggs	1 teaspoon Salt
3 tablespoons Mazola	1 teaspoon White Pepper
2 tablespoons Finely Chopped White Onion	3 tablespoons Tarragon Vinegar

PRESS egg yolks through sieve, add gradually the Mazola and when thoroughly mixed add seasonings.

Serve with broiled or baked lamb or veal, or stuffed heart.

COOKED SALAD DRESSING

4 tablespoons Sugar	$\frac{1}{8}$ teaspoon Red Pepper
1 teaspoon Salt	6 tablespoons Vinegar
$2\frac{1}{2}$ tablespoons Benson's Corn Starch	1 $\frac{1}{2}$ cups Boiling Water
1 tablespoon Flour	2 tablespoons Mazola
1 tablespoon Mustard	2 Eggs

MIX dry ingredients. Add vinegar, water and Mazola, and cook until thick. Pour slowly over two eggs slightly beaten and cook one minute longer. Thin with Mazola or cream.



PINEAPPLE AND CHEESE SALAD

ARRANGE pineapple on lettuce. Place ball of cottage or cream cheese and Mayonnaise on pineapple. Sprinkle with paprika.

SANDWICH SPREAD

2 tablespoons Salad Dressing
1 tablespoon Chili Sauce

1 tablespoon India Relish
½ cup Chopped Walnuts

WALDORF SALAD

2 cups Diced Apples
½ cup Chopped Nuts

1 cup Diced Celery

SERVE on lettuce with Mayonnaise or cooked salad dressing.

FRUIT SALAD DRESSING

$\frac{1}{4}$ cup Pineapple Juice	1 tablespoon Benson's Corn Starch
$\frac{1}{4}$ cup Orange Juice	$\frac{1}{2}$ cup Sugar
$\frac{1}{4}$ cup Lemon Juice	2 Eggs
$\frac{1}{4}$ cup Water	

HEAT liquids to boiling and add slowly to sifted dry ingredients, stirring constantly to prevent lumping. Cook over hot water fifteen minutes, or five minutes over low fire. Pour cooked mixture slowly on to slightly beaten eggs, stirring all the time. Cook one minute longer. Serve cold, adding whipped cream, if desired.

POTATO SALAD

2 cups Diced Potatoes	2 tablespoons Chopped Onion
$\frac{1}{2}$ cup Diced Celery	2 tablespoons Chopped Green Pepper
2 tablespoons Chopped Parsley	
1 teaspoon Salt	

ADD French dressing and sprinkle with chopped parsley. Let stand one hour—add Mayonnaise or Cooked Dressing just before serving.

POT ROAST (VEAL)

TAKE a piece of Rump of Veal, salt and flour well.

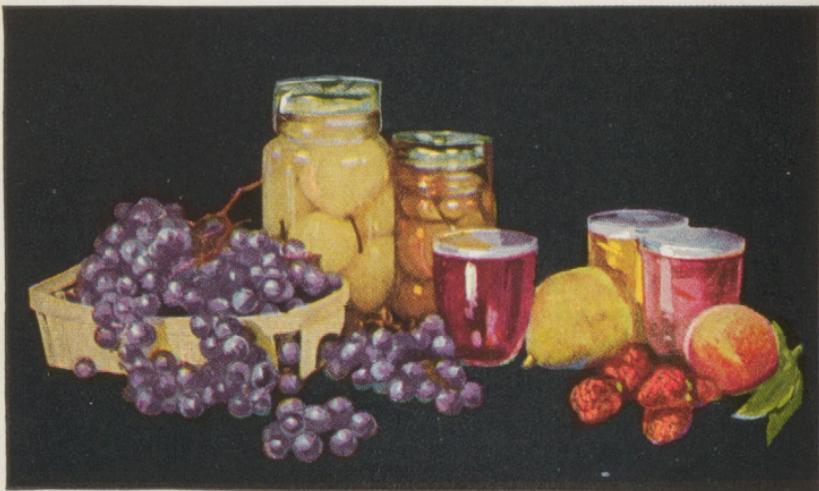
Take a deep pot and cover the bottom with Mazola and one onion cut up fine. When hot put your veal in, browning slowly on all sides, then cover tightly and let cook slowly for two and one-half hours. Take the meat out when cooked and make a brown gravy by adding one cup of water and thicken with two tablespoonfuls of Benson's Corn Starch dissolved in a little cold water.

BAKED HAM

TAKE a ten-pound smoked ham and soak it in cold water over night. Then boil slowly for two and one-half hours and let stand in water until cold. Then put in roasting pan, take the skin off and pour over it one-half cup Crown Brand Syrup and two tablespoonfuls brown sugar and put one cup water in pan. Bake slowly for one hour and half, basting often.

VEAL OYSTERS

TAKE 1½ pounds Shoulder or Rump of Veal, cut into pieces the size of a large oyster, season, dip in egg and bread crumbs and fry to a golden brown in deep hot Mazola. Put in baking dish, cover with milk, bake in moderate oven for one hour.



LILY WHITE SYRUP FOR PRESERVING

LILY White Syrup and sugar in equal quantities makes the very finest preserves, jams, and jellies.

Lily White Syrup prevents crystallization.

When Lily White Syrup is used more of the natural flavor of the fruit is retained without the cloying sweetness of an all-sugar preserving syrup.

Use perfectly ripened, unbruised fruits for canning, when possible, in order to get the best form, color and flavor.



CANNING WITH LILY WHITE SYRUP

5 lbs. Fruit	Sugar Cups	Lily White Syrup Cups	Water Cups	Cold Pack Time of Boiling (Min.)
Apples—sour.....	1 $\frac{3}{4}$	1 $\frac{3}{4}$	6	20
Apricots.....	1 $\frac{1}{4}$	1 $\frac{1}{4}$	2	15
Berries.....	1 $\frac{3}{4}$	1 $\frac{3}{4}$	1	15
Cherries—sour.....	2 $\frac{3}{4}$	2 $\frac{3}{4}$	3	15
sweet.....	1 $\frac{3}{4}$	1 $\frac{3}{4}$	3	15
Currants.....	3 $\frac{1}{4}$	3 $\frac{1}{4}$	2	15
Peaches.....	1 $\frac{1}{4}$	1 $\frac{1}{4}$	2	15
Pears.....	1 $\frac{1}{4}$	1 $\frac{1}{4}$	3	15
Pineapple.....	1 $\frac{1}{4}$	1 $\frac{1}{4}$	3	20
Prunes.....	1 $\frac{3}{4}$	1 $\frac{3}{4}$	2	20
Quinces.....	1 $\frac{3}{4}$	1 $\frac{3}{4}$	6	30

STEPS IN COLD PACK CANNING

1. Sterilize jars and rubbers.
2. Prepare fruit.
3. Heat sugar, Lily White Syrup and water to boiling.
4. Pack fruit in sterilized jars.
5. Pour syrup over fruit.
6. Place rubbers on jars.
7. Place covers on jars—not tight.
8. Place jars in hot water bath, and sterilize required length of time, as given in above table. Count time when water begins to boil.
9. Remove from bath, screw cover down tight, invert on table to cool and to be sure they do not leak.
10. Store in dark place as light fades the color of the fruit.

ADVANTAGES OF USING LILY WHITE SYRUP

LILY White Syrup prevents preserves from crystallizing, and makes a better product.





STEPS IN OPEN KETTLE METHOD

1. Sterilize jars and rubbers.
2. Prepare fruit.
3. Heat sugar, Lily White Syrup and water until sugar is dissolved.
4. Add fruit and cook until fruit is tender.
5. Pack in sterilized jars, inserting a silver fork between fruit and jar to break up any air bubbles.
6. Wipe top carefully, fit rubbers, put on top and seal at once.
7. Invert jar on table to cool and to be sure it does not leak.
8. Store in cool, dark place.





PRESERVES AND JAMS

Fruit.....	2 cups
Lily White Syrup.....	1 cup
Sugar.....	1 cup

COOK sugar and Lily White Syrup until sugar is dissolved. Do not add water. Add fruit and bring slowly to boiling point. Remove from fire, cool and remove fruit from syrup. Cook syrup until quite thick. Add fruit and heat thoroughly, being careful not to boil. Place in sterilized jars and seal at once.

Pears should be steamed or parboiled fifteen minutes before adding to syrup. Preserved ginger or preserved lemon makes a pleasing addition to pear preserves.

PLUM CONSERVE

5 dozen Blue Plums	1 package Raisins
4 Oranges	2 cups Chopped Walnuts
1 Lemon—Juice only	2 cups Brown Sugar
1 pound Figs	4 cups Crown Brand Syrup

COOK fruits in syrup made of Crown Brand Syrup and sugar for forty-five minutes. Add nuts the last five minutes before removing from fire. Pack in sterilized jars or glasses.

ORANGE MARMALADE

3 Oranges
1 Grapefruit
2 Lemons

Granulated Sugar
Lily White Syrup
Cold Water

WIPE fruit, then pare the thin yellow skin and cut into shreds with scissors. Slice peeled fruit, rejecting all seeds, then measure pulp, juice and rind, place in saucepan and cover with three times as much cold water and let stand over night. Next morning bring quickly to boiling point and boil hard for fifteen minutes, then let stand another twenty-four hours and measure again. Allow to each cup of cooked ingredients, one-half cup Lily White Syrup and one-half cup granulated sugar. Place Lily White Syrup, sugar and fruit mixture in saucepan, bring quickly to boiling point and boil briskly for about one hour, or until liquid shows a jelly. Cool slightly, then fill sterilized glasses and cover with melted paraffin when perfectly cold. Store in dark cool place. A delicious and economical marmalade.

JELLY MAKING

WASH and pick over fruit carefully, remove stems and imperfections. Cook fruit in a granite kettle. Mash a few berries in bottom of pan before beginning to cook them. Hard fruits should be washed and quartered, and cooked with half the amount of water.

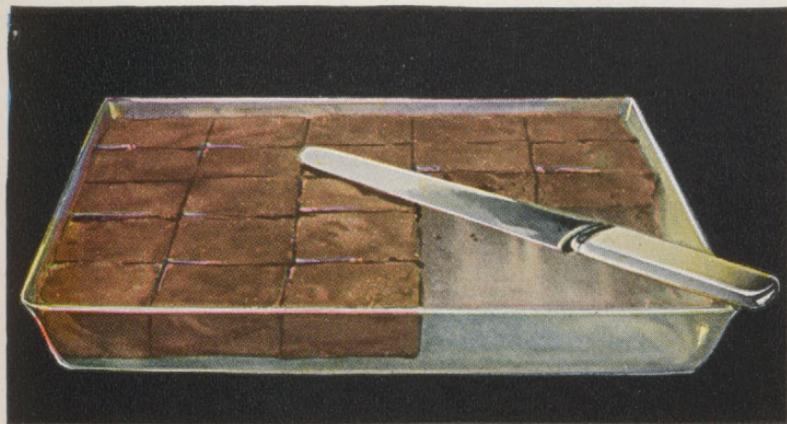
Use a jelly bag made of closely woven material. Outing flannel makes a very good bag. Do not squeeze the pulp, but let it drip slowly. This will give a clear, delightfully flavored jelly. Sometimes two or three extractions can be made from the same pulp.

Add sugar to Lily White Syrup and heat to boiling. By heating the sugar and Lily White Syrup, the time of cooking the jelly will be shortened, and a better product will result. Boiling should be steady, not violent.

BLACKBERRIES, raspberries, and strawberries do not make a good jelly alone, and should be combined with apple, currant, or plum juice.

JELLY MAKING

		Proportions Cup Measure			Time of Boiling (Minutes)	
		Fruit Juice	Sugar	Lily White Syrup	Before Adding Sugar and Lily White Syrup	After Adding Sugar and Lily White Syrup
Before Dripping	Fruit	After Dripping				
Remove imperfections and cut in quarters. Add water to cover. Cook slowly till soft.	Apple.... Crabapple Quince....	2 2 2	$\frac{3}{4}$ $\frac{3}{4}$ $\frac{3}{4}$	$\frac{3}{4}$ $\frac{3}{4}$ $\frac{3}{4}$	15 15 15	15 5 6
Pick over. Wash. Mash a few in bottom of kettle, adding more and continue to heat and mash till juice flows freely from all the fruit. Add no water.	Currant... Plum.... Grape....	2 2 2	1 1 1	1 1 1	10 10 15	2 5 5



CHOCOLATE FUDGE

3 cups Granulated Sugar	$\frac{1}{4}$ teaspoon Salt
2 squares Bitter Chocolate	$\frac{3}{4}$ cup Milk
2 tablespoons Crown Brand	1 tablespoon Mazola
Syrup	1 teaspoon Vanilla

COOK together sugar, chocolate, Crown Brand Syrup, Mazola, salt and milk until it forms a soft ball when dropped in cold water. Set aside until cool. Add vanilla and beat until it creams. Pour into oiled pan and cut in squares. (Cocoa may be substituted for chocolate, using six level teaspoons.)



DIVINITY FUDGE

3 cups Granulated Sugar	$\frac{1}{2}$ cup Chopped Nuts
$\frac{2}{3}$ cup Lily White Syrup	$\frac{1}{2}$ cup Chopped Raisins
$\frac{1}{3}$ cup Water	1 teaspoon Vanilla
2 Eggs (whites only)	$\frac{1}{4}$ teaspoon Salt

BOIL sugar, Lily White Syrup, salt and water together until it forms a hard mass in cold water. Beat whites of eggs stiff and gradually pour on the hot syrup, beating constantly. When mixture begins to stiffen, add vanilla, nuts and raisins, and drop from teaspoon on to plate oiled with Mazola.

This candy may also be made into a roll which may be then covered with dipping chocolate, and rolled in nuts, or simply rolled in chopped nuts. Cut in half inch slices.

Candied cherries or candied pineapple make a pleasing addition.

FUDGE

3 cups Granulated Sugar	1 tablespoon Mazola
2 cups Light Brown Sugar	$\frac{1}{4}$ teaspoon Salt
$\frac{1}{2}$ cup Lily White Syrup	$\frac{1}{2}$ pound Nuts
1 $\frac{1}{2}$ cups Milk	1 teaspoon Vanilla

MIX brown and white sugar thoroughly, add Lily White Syrup, milk, Mazola and salt. Cook until it forms a soft ball when dropped in cold water. Remove from fire, add flavoring, and let stand until cool. Beat until creamy, add nuts and pour into pan oiled with Mazola, and cut in squares.

LILY WHITE TAFFY

1 cup Brown Sugar
½ cup Lily White Syrup
1½ tablespoons Mazola

1 tablespoon Lemon Juice
½ teaspoon Lemon Flavoring

COOK sugar, Lily White Syrup, Mazola and lemon juice until it forms a hard ball in cold water. Add flavoring. Pour into pan oiled with Mazola and pull when cold.

FONDANT

2 cups Sugar
1 tablespoon Lily White Syrup

1 tablespoon Mazola
½ cup Water
1 teaspoon Vanilla

COOK sugar, Lily White Syrup, water and Mazola until it forms a soft ball when dropped in cold water, and add vanilla. Remove from fire and let cool. Beat until creamy. When too stiff to beat work with hands until soft and fine. Flavor and shape as desired, and dip in melted chocolate. Nuts may be used for centres. Coloring or cocoa may be added.

Fondant may be used as a filling for dates, after which the dates may be rolled in sugar, making a delicious confection.

Cocoanut or chopped figs may be added.



LILY FONDANT

$\frac{1}{2}$ cup Lily White Syrup $\frac{1}{3}$ cup Hot Water
 $1\frac{1}{2}$ cups Sugar

BOIL without stirring until it threads. When partially cool, beat till creamy. Keep cool and dry till needed.

CROWN CANDY FOR PULLING La Tire

1 cup Brown Sugar 2 tablespoons Mazola
1 cup Crown Brand Syrup 1 tablespoon Lemon Juice

COOK all together without stirring till brittle when tested in cold water. Pour into pans oiled with Mazola till cool enough to pull. Use Mazola to rub on hands.

EDWARDSBURG CARAMELS

1 cup Granulated Sugar	$\frac{1}{4}$ cup Vinegar
1 cup Crown Brand Syrup	2 tablespoons Mazola
$\frac{1}{4}$ cup Water	1 teaspoon Vanilla

BOIL the sugar, Crown Brand Syrup, water and vinegar six minutes, and add the Mazola. Cook till it forms a soft ball in cold water. Remove from fire and stir in the vanilla. If preferred, one-half cup of candied cherries, cut in halves, may be added. After heating thoroughly, turn into tins well oiled with Mazola. Mark in squares when cool, and cut when cold. Wrap each cube in waxed paper.

CROWN CREAM CARAMELS

1 cup Cream	4 tablespoons Mazola
$\frac{1}{3}$ cup Crown Brand Syrup	2 tablespoons Flour
$\frac{3}{4}$ cup Sugar	2 tablespoons Benson's
1 teaspoon Vanilla	Corn Starch

PUT sugar, Crown Brand Syrup and half the cream into saucepan and stir constantly till it boils; add the rest of the cream slowly. Do not let boiling cease. Cook till a soft ball forms in cold water. Add the flour, Sorn Ctarch and Mazola creamed together, and continue to cook till a firm soft ball forms in cold water. Turn into tins, well oiled with Mazola, and mark in squares when cool. Nuts may be added if desired.

CROWN CARAMELS

2 cups Brown Sugar	$\frac{1}{4}$ cup Mazola
1 $\frac{3}{4}$ cup Crown Brand Syrup	1 teaspoon Vanilla
$\frac{1}{2}$ cup Milk	1 cup Chopped Nuts

COOK sugar, Crown Brand Syrup, milk and Mazola until it forms a firm ball in cold water. Remove from fire, add vanilla and nuts and pour into pan oiled with Mazola and mark in small squares.

CHOCOLATE CARAMELS

4 squares Chocolate	$\frac{1}{2}$ cup Brown Sugar
1 cup Milk	$\frac{1}{2}$ cup Granulated Sugar
1 cup Crown Brand Syrup	1 tablespoon Mazola
1 teaspoon Vanilla	

CUT up the chocolate and add to the milk. When dissolved add the Crown Brand Syrup and sugar and cook till it forms a hard ball in cold water. Add the Mazola when nearly done. Remove from fire and pour into pan well oiled with Mazola. Chopped nuts may be added. Mark in squares when cool.

SALTED ALMONDS

BLANCH almonds by pouring boiling water over them. Let stand a few minutes, remove skins and dry in towel. Take deep cake pan, put paper on bottom and saturate cloth with Mazola and rub thoroughly over the paper to get it evenly covered with oil. Put the almonds on the paper and sprinkle with salt. Put in a fair oven (not too hot) till nicely browned.

PEANUT BRITTLE

1 cup Crown Brand Syrup	2 tablespoons Water
1 cup Brown Sugar	1 cup Shelled Peanuts
2 teaspoons Mazola	

BOIL sugar, Crown Brand Syrup and water until it is crisp when dropped in cold water. Just before taking from fire add Mazola and nuts. Pour into tin oiled with Mazola.

GLACE NUTS AND FRUITS

$\frac{1}{2}$ cup Lily White Syrup	2 tablespoons Hot Water
$\frac{1}{2}$ cup Granulated Sugar	

BOIL until syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on oiled paper. They harden immediately.

Nuts and fruits may also be covered in a way which, while it is not exactly a glace, is delicious. Melt a portion of Fondant in a double boiler, and dip in nuts and fruits as above. As they harden, dip again.





TAFFY APPLES

1 cup Brown Sugar	$\frac{1}{2}$ cup Water
$\frac{1}{2}$ cup Granulated Sugar	1 tablespoon Mazola
$\frac{1}{2}$ cup Crown Brand Syrup	$\frac{1}{4}$ teaspoon Salt
1 teaspoon Vanilla	

COOK sugar, Crown Brand Syrup, water, salt and Mazola until syrup crackles in cold water. Remove from fire and add flavoring. Stick skewer in stem end of apple, dip one at a time into hot syrup and place on pan oiled with Mazola, to cool.

POPCORN BALLS AND FRITTERS

AFTER the corn has been popped, take from the quantity any uncooked or partially cooked grains, being sure to have only fine, large, puffy ones. To one cup Crown Brand Syrup, allow one tablespoon vinegar. Boil together until it hardens when dropped in cold water. Pour over the popcorn while hot. As soon as cool enough to handle, rub the hands well with Mazola and form the mass into balls.

To make Popcorn Fritters, form the mass into flat, round cakes instead of balls.



BUTTER SCOTCH

1 cup Crown Brand Syrup	1 cup Granulated Sugar
$\frac{1}{2}$ cup Butter	

BOIL all together without stirring until it threads.
Pour into tins oiled with Mazola. Mark into squares.

EVERTON TOFFEE

1-2 lb. tin Crown Brand Syrup	1 pint Fresh Cream
	2 teaspoons Butter

BOIL syrup and cream together, stirring constantly.
When boiling hard add butter. Cook till it forms a ball in cold water. Stir until creamy. Pour into tins oiled with Mazola.

CREAMED CANDY

2 lbs. Brown Sugar	$\frac{1}{2}$ cup Crown Brand Syrup
$\frac{1}{2}$ cup Milk	2 tablespoons Butter or
1 cup Chopped Walnuts	Mazola
2 teaspoons Vanilla Essence	

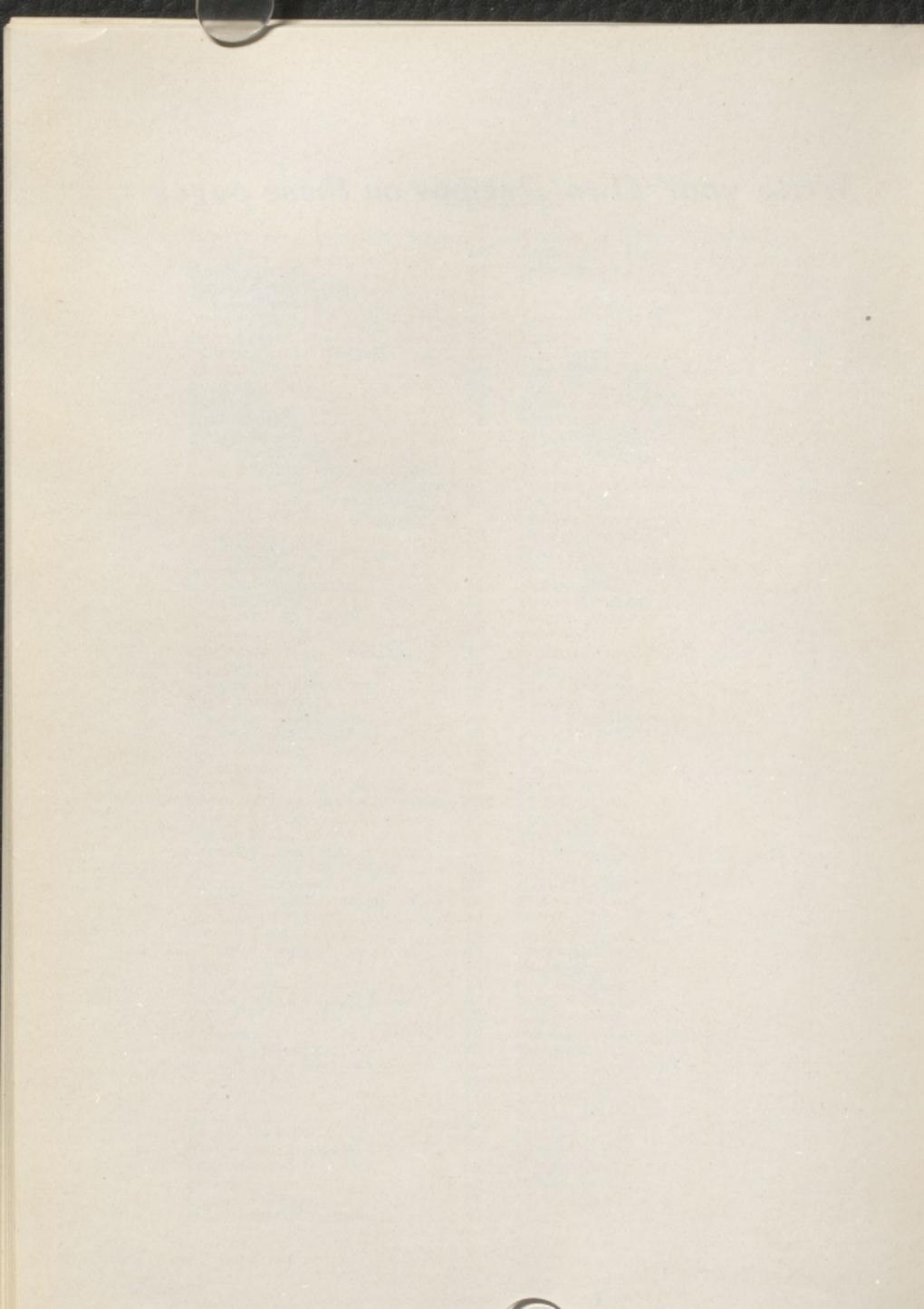
BOIL sugar, syrup, milk and butter until it forms a ball in cold water. Stir until creamy, then add walnuts and vanilla essence. (For "Chocolate Candy" add two squares of chocolate.)



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